



NEWSLETTER

AUTUMN 2012

Dr. Lauren Artress is coming to Toronto

The Labyrinth Community Network is delighted to announce that the Reverend Dr. Lauren Artress, Episcopal priest, transpersonal psychotherapist, life coach and spiritual director, has generously agreed to visit Toronto from June 19 to 22, 2013 to give a public lecture, a day-long workshop and a two-day labyrinth facilitator training.

If there is one moment in the narrative

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The Reverend Dr. Lauren Artress

surrounding the re-emergence of the labyrinth as a psychospiritual tool, it is the action of the Reverend Dr. Lauren Artress and her friends in the summer of 1991 when they removed the chairs from the great labyrinth in Chartres Cathedral and walked it as it had been walked for many centuries. Artress brought the practice of walking the labyrinth back to San Francisco's Grace Cathedral and in 1995 founded Veriditas with its goal of offering the labyrinth as a way to activate and facilitate the transformation of the human spirit.

"There are many reasons to walk a labyrinth," says Artress in the introduction to her Sacred Path Companion, " - solace, strength, clarity, celebration, insight, to quiet the mind, to solve a problem - but the most fascinating result, on which I have based my work, is the ability of the Medieval Eleven-Circuit Labyrinth to ignite seekers' latent potential and find an avenue for its expression in the world."

Since the founding of Veriditas, Artress and her colleagues have trained over 2500 facilitators, and millions of people have been introduced to walking the labyrinth as a spiritual practice.

Artress believes that the noise and images bombarding us from the outside world can cause us to lose our capacity for inner reflection. "We are drawn to the labyrinth because it replenishes our imaginations and restores our natural rhythms."

As we search for the Sacred and a new emergent spirituality that will enable us to deal with the challenges of today's world, the practice of walking the labyrinth takes its place as a way to focus our mental, emotional and spiritual energies.

We at the Labyrinth Community Network are so looking forward to hosting Lauren Artress in Toronto next June 19 to 22. Please consider joining us and taking advantage of this rare opportunity. See the event schedule on page 3 and watch our website for further details.

- CAMILLA GRYSKI

LABYRINTHS AROUND ONTARIO



Kincardine Labyrinth Peace Gardens, Kincardine
*Chalice design. 82-ft. diam. Statue of Eirene,
Goddess of Peace in centre. Stone chip path
bordered by chakra-colour flower beds.*



Rideau Park United Church, Ottawa
*Indoor. Portable. 11-circuit. 30-ft. diam.
Chartres design modified by Veriditas.
Handpainted in rainbow colours on poly canvas.*

PROFILE OF A LABYRINTH ENTHUSIAST: ANNE TANNER

In 1996, Anne Tanner, then Manager of the Anglican Book Centre in Toronto, discovered the writing of Rev. Dr. Lauren Artress. Thus began a journey with the labyrinth that was to change Anne's life and the lives of countless others.

*Now shall I walk
or shall I ride?*

"Ride," Pleasure said:

"Walk," Joy replied.

- W.H. Davies



Dr. Anne Tanner, top right, demonstrating a finger labyrinth.

In a workshop facilitated by Lauren, Anne was deeply moved walking the 800-year-old stone floor labyrinth at Chartres Cathedral. She felt drawn to return to this sacred spot the following year to assist Lauren in offering this same workshop.

Motivated by this introduction, Anne began to visit and exquisitely photograph labyrinths in many different parts of the world. Building on her doctorate and work in Ministry, she started facilitating labyrinth workshops, finding in teaching and walking the labyrinth, a powerful new expression of prayer and ministry.

In 1997, Anne and Jo Ann Stevenson co-founded the Labyrinth Community Network. Mobilizing the energy and passion of committed volunteers, they began the pioneering work of creating and maintaining a public labyrinth

patterned on Chartres, in Trinity Square, Toronto.

At 82, Anne continues her regular life-giving labyrinth walks, and acts as an invaluable resource on labyrinths to anyone who wants to learn more. Her wise advice to newcomers walking the labyrinth: "Just walk, breathe and see what happens."

- MAUREEN EDGAR

SOME STATISTICS ON ONTARIO LABYRINTHS

Of the 161 labyrinths that we know about, here is an interesting breakdown. There are 21 indoor labyrinths and 33 outdoor labyrinths located at churches and spiritual centres. There are 20 indoor and 41 private labyrinths, most available by appointment only. Hospitals and health centres account for 5 indoor and 8 outdoor, and public/municipal and community centres, 18. Two conference centres and four schools have a labyrinth. Seven retreat centres have one, and two



Photo credit: Alice Briesmaster

In June, members of the Labyrinth Community Network were invited to walk on the High Park labyrinth. Lutia Lausane gave us a warm welcome and accompanied the walk with the sweet sounds of her harp. The High Park labyrinth is located in the black oak savannah to the northwest of the Grenadier Restaurant.

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We need photos, stories, and articles for our website, Facebook page and this newsletter. Please share your labyrinth memories with us. Send them to labyrinthnetwork@sympatico.ca.



St. John the Baptist Anglican Church, Richmond
Chartres design. 11-circuit. 52-ft. diam.
Red paver stones with grass path.



Barrie Arboretum, Barrie
Double labyrinth each 55-ft. diam.
Cretan design. Turf sheltered by white pines.

Above all, do not lose your desire to walk. Every day I walk myself into a state of well-being and walk away from every illness. I have walked myself into my best thoughts, and I know of no thought so burdensome that one cannot walk away from it.

- Soren Kierkegaard

wellness centres. There is one labyrinth located in a jail.

While the vast majority of labyrinths are outlined in stones and brick pavers, some are a bit different. These include labyrinths marked by glass insulators (Nipigon), 1000 plus beach stones (Minden), trees and shrubs (Glencoe), crystals, stones, shells and trees (Ottawa area), bulbs, mulch and snow (Burlington), perennial herbs (Ottawa area), chakra coloured flower beds (Kincardine), glue granite monoliths (Brantford area), inlaid engraved bricks (Ottawa), coloured hockey tape (Algonquin College), trees, found wood, ferns and stones (Ottawa area), ferns (Dwight), water feature (North Lancaster), and 500 Japanese blood grasses (Cambridge). To learn more, please see the Ontario Directory of Labyrinths on our website.

Wanderlust A History of Walking

By Rebecca Solnit
New York: Viking
c.2000

Wanderlust covers all aspects of the subject from walking clubs and land wars to the solitary stroller and the city walker.



Of special interest to us is Solnit's chapter on labyrinths or "walking into the realm of the symbolic." Although common in medieval churches, labyrinths, Solnit reminds us, are not merely Christian devices, but they always represent some kind of journey, often one of initiation, death, and rebirth or deliverance.

Some simply signify the complexity of any journey or the difficulty of finding one's way in life. Unlike a maze, says Solnit, the labyrinth offers us an inflexible route to salvation.

- Reviewed by JOAN D. CLAYTON

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DR. LAUREN ARTRESS SCHEDULE OF EVENTS - IN TORONTO

Wednesday, June 19, 2013

7:00 p.m. - 9:30 p.m.

THE LABYRINTH: ITS HISTORY, MYSTERY AND MODERN USES

Church of the Holy Trinity, Trinity Square Park
Followed by a labyrinth walk with live music
by Debbie Danbrook

For reserved seating contact
labyrinthnetwork@sympatico.ca
Tickets at the door. \$30

Thursday, June 20, 2013

9:30 a.m. - 5:30 p.m.

THE LABYRINTH: A PATH OF LIFE

Islington United Church
25 Burnhamthorpe Road

A one day program to experience the labyrinth

This workshop is open to the public and is also a pre-qualifier for those taking the Facilitator's Training program
Open only to pre-registrants. \$200

For more information and to register, contact
labyrinthnetwork@sympatico.ca

Friday, June 21 & Saturday, June 22, 2013

9:30 a.m. - 5:30 p.m.

TWO DAY VERIDITAS-ACCREDITED LABYRINTH FACILITATOR'S TRAINING

Islington United Church
25 Burnhamthorpe Road

\$600 U.S.

Please contact Veriditas for application information at www.veriditas.org

*This event is sponsored by the Labyrinth
Community Network (LCN)*

www.labyrinthnetwork.ca



Photo credit: Marc Lebeau

CARLETON PLACE COMMUNITY LABYRINTH - REFLECTIONS

What a privilege it has been to be part of the small committee dedicated to building a permanent labyrinth in Carleton Place, Ontario. As we reviewed final details of our 4th Annual Harvest Lantern Walk for September 29th we were mindful of our mission statement:

“To bring the labyrinth experience to our community, and in doing so provide the opportunity for: Reflection; Serenity; Meditation; Personal Growth; Healing and Enrichment of Self.”

Our simple goal is to increase the “understanding of the labyrinth” and to encourage more usage of this peaceful and welcoming space.

Past events such as Walk for Wellness, Northern Lights Snow Labyrinth, Labyrinth Fest and our weekly guided walks have been successful in bringing our community to the labyrinth. Lanark Drum recently hosted a Blue Moon drum circle here. Planning ahead for 2013 – a wedding at the Labyrinth? Oh, the possibilities!

For more information, contact Debby at (613) 257-1014

Blog: <http://carletonplacecommunitylabyrinth.blogspot.com>

Facebook: <http://www.facebook.com/carletonplacecommunitylabyrinth>

– CHRISTINE HUME

The archetype that is enlivened in the labyrinth is the archetype of transformation.

- Lauren Artress

From the President

To labyrinth listeners....

We are excited to be hosting a public lecture, one-day workshop and facilitator training program led by the Rev. Dr. Lauren Artress in Toronto, June 2013.

Key to hosting such an event is to have email and postal address lists that are current and accurate. Lois Catalano does this ably, along with managing our website’s Ontario labyrinth locator and directory, where twelve new labyrinths were added this year.

Maureen Edgar, event registrar, is working with John Joseph Mastandrea and our newest volunteer, Lori Haskings-Barber, to put the Toronto Public Labyrinth on Facebook. Lori has also started a Facebook page for the Labyrinth Community Network with a link from our website.

Camilla Gryski, chair of LCN, is writing the communication kits for the June event. Joan Clayton keeps the website fresh and current, and holds us all to high standards. Anne Tanner, our co-founder and archivist, is featured in this issue.

Our newsletter editor, Kathryn Knight, has been updating our media list and inviting new



Jo Ann Stevenson walking the Toronto Public Labyrinth.

groups, i.e., Covenant House and L’Arche residents, to come out to walk the Toronto Public Labyrinth.

Thanks to Shari Ezyk for her generous donation of a canvas petite Chartres labyrinth. We are now able to offer two sizes of labyrinths for rent to facilitators.

Mary Anderson, treasurer, reports that our bills for 2012 are paid in full, including costs for this newsletter, outreach initiatives, website and open labyrinth walks.

Such key contributions lighten my role as president. It is the dedication to these tasks that make our network ‘work.’

I extend a sincere thank you to our 72 members of the LCN 2012 – you are our primary source of revenue and you help us get the job done.

– JO ANN STEVENSON

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